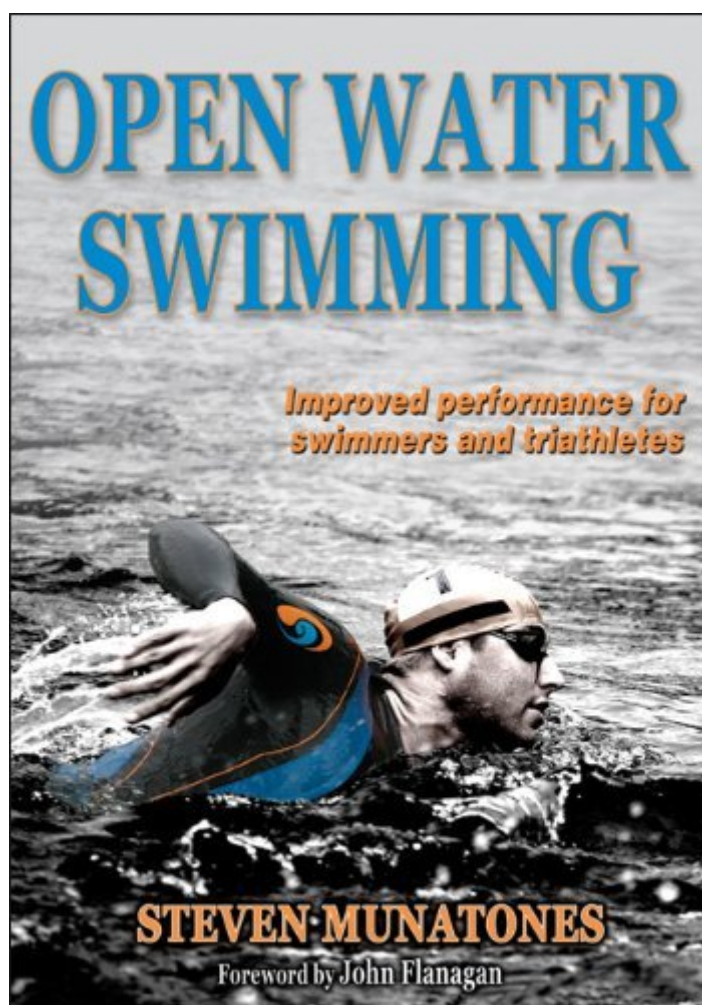


The book was found

# Open Water Swimming



## Synopsis

Swim faster, stronger, and more efficiently. Whether you are a dedicated open-water swimmer or a triathlete looking to conquer the sport's most challenging event, Open Water Swimming is your complete guide to improving your performance and decreasing your time. In Open Water Swimming, renowned marathon swimmer, coach, and commentator Steven Munatones shares his insights and expertise on preparing, training, and competing in open-water events. From triathlon to marathon and all distances in between, you'll learn these tactics:

- Refine your freestyle stroke to improve power, speed, effectiveness, and navigational IQ.
- Pace yourself, and conserve energy, for faster finishes.
- Train for every event with conditioning programs for short, Olympic, marathon, and triathlon distances.
- Shave seconds off your time with professional tactics for starts, turns, feedings, transitions, and finishes.
- Incorporate the racing strategies of the most successful swimmers in the sport.
- Prepare physically and psychologically for the demands of competition.

From the art of efficient pack swimming to the best dryland and pool workouts for improving endurance, strength, and power, Open Water Swimming covers it all. Read it, refer to it, and rely on it for improved results and faster times!

Important Notice: The digital edition of this book is missing some of the images found in the physical edition.

## Book Information

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## Customer Reviews

I have been racing in open water swims for over 40 years in hundreds of different competitions. I think I have read most of the books published on open water swimming in the US, the UK and Australia. Steve Munatones' book is probably the best resource available for anyone who is interested in open water swimming. He includes useful focused information on the tactical, strategic and technical challenges of open water swimming which is extremely useful for anyone from a fledgling triathlete to a medium distance open water swimmer who wants to step up to the challenge of marathon swims. Open water swimming is very different from pool swimming and racing outside the predictable confines of a swimming pool has challenges that constantly surprise new participants. I haven't seen any other publication with the wealth of specifically useful information that Steve shares here to help shorten the learning curve for new swimmers and which contribute useful insights to more experienced swimmers.

As a 3x ironman who is looking to transition into the world of marathon swimming, I was hoping this book would provide insight into training specifics. That is, what kind of training are people doing when they swim the catalina channel or the english channel? What are their weekly volume? What are their long swims? What kind of mixture between intervals and drills? Little of the above was provided. Instead, the author provided some tips on how to train for open water swimming by providing a few drills (catch-up, reverse catch-up, etc). The author talked about some of the practicalities associated with swimming in the ocean, i.e., friction, nutrition, temperature affects. The author did give a lot of advice on the tactics of open water swimming, i.e., drafting effectively. This was interesting, but I thought somewhat irrelevant to the novice swimmer which the other 75% of the book was targeted at. I mean, how many newbie swimmers are going to be sitting in the lead pack of a 10k swim, hanging onto the feet of the lead swimmer, and then shoot by them with 200 yds to go? Probably not gonna happen. So, to summarize, this book gets three stars. It had an OK amount of info, but lacked specifics on how to really train for the marathon swims. Think this book would be good for beginners and aspiring olympians.

This is a good book to learn about open water swimming. I recently began to work with triathletes and this was a great start. It had a variety of information so that I could learn about opening water swimming before we actually swam an open water swim.

Thanks so much for posting this book which was received in advance of the estimated time stated which was wonderful. I was given this book last year from my daughter & I loved it so much that I bought this one for a friend's birthday which was on Christmas Eve. She is an open water swimmer & found the contents extremely helpful in planning & negotiating her swims. We would recommend this book to any swimmer/ triathlete for coaching & helpful tips as it is so comprehensive. Regards Sue Purcell

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